



Community And Enrichment Center

WEEKLY NEWSLETTER
APRIL 30, 2021

AVOCADO PESTO

A new spin on a versatile sauce goes great on pasta, sandwiches, potato dishes, on grilled veggies and many others.

SPRING BUCKET LIST

New ideas to help you feel good throughout the season.

CYBER SECURITY

Take caution while online with these security tips.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at The Community and Enrichment Center.



Avocado Pesto

Ingredients

- 2 ounces long pasta such as angel hair or spaghetti
- 2 cloves garlic minced
- 2 avocados ripe
- 2 tablespoons fresh basil leaves
- 2 tablespoons fresh parsley chopped
- 2 tablespoons heavy cream do not substitute milk
- 1 tablespoon olive oil
- 2 teaspoons fresh lemon juice
- ½ teaspoon salt
- 3 tablespoons parmesan cheese grated , divided
- parmesan cheese, fresh herbs and chili flakes for garnish (optional)

Directions

1. Combine garlic, avocados, basil, parsley, heavy cream, olive oil, lemon juice, salt, and 2 tablespoons parmesan cheese in a food processor.
2. Pulse the mixture until it is smooth and creamy.
3. Cook pasta al dente according to package directions. Drain well and reserve pasta water, do not rinse.
4. While pasta is hot, toss with avocado sauce adding pasta water as needed to thin out the sauce.
5. Garnish with remaining parmesan cheese and additional herbs if desired.

- Buy yourself a bunch of flowers and pop them in your favorite vase
- Walk somewhere in your neighborhood you haven't been before
- Open up the curtains and windows, and let that Spring breeze bring your house to life!
- Order a pretty print to display in your home
- Eat a weekend breakfast out in the back yard
- Take a book to a Café, sit outside, order something sweet, and read
- Plant a few herb pots
- Try a new healthy recipe.
- Grab a bottle of wine, a baguette and a wheel of brie and have a late afternoon picnic with a friend
- Plant some flowery seedlings out the front of your home
- Take a bunch of photos, print them and stick them in a mini photo album to document your Spring
- Press some flowers
- Buy a tinkly wind chime and hang it outside
- Send encouraging cards to some friends via snail mail
- Eat salad for dinner
- Create a Spring playlist
- Refresh your couch with some cute new cushions or a pretty new throw blanket
- Try out a new form of light exercise
- Throw a brunch for some friends you want to get to know better
- Adopt a new house plant
- Go out somewhere with a flower in your hair
- Visit an orchard
- Deeply de-clutter one problem room in your home
- Make a big fruit salad
- Find a friend who could use some help in the garden, and spend a weekend day helping out
- Paint your toenails a fun color

BUCKET LIST

THE ULTIMATE SPRING

CYBER CAUTION: ONLINE SAFETY TIPS

Surf safely. Learn more at: www.cisa.gov/cyber-safety



Passwords and privacy settings matter.

Choose strong passwords and never share them with anyone else. Regularly check your privacy settings, too.

Watch what you download.

Some programs and apps carry malware and try to steal your information. Download content from trusted sites only.

Be careful with your online social life.

Exercise caution with each online interaction so you can steer clear of scammers and fake users. Do not give personal information or send private photos.

Shop safely.

Shop from secure websites, and avoid saving your credit card information. Take time to read reviews and ask questions when making purchases.

Think before you post

Be mindful of every post you create. Do not publish content you wouldn't want family, friends and potential employers to see.



WHAT'S HAPPENING?



GROUP FITNESS

Group Fitness classes are available Tuesdays and Thursdays at 5:15pm and Wednesdays at 12pm.

For reservations, call 970-848-0407

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill?
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT MAY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
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Office 970-848-2277



MAY 2021 YUMA MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESauce</p> <p>BIRTHDAY RECOGNITION Calories: 656 Carb: 108.5g Fiber: 10.9g Protein: 30.8g Fat: 14.8g Sod: 1005mg</p>	<p>CHICKEN POT PIE SPINACH CAULIFLOWER SALAD FRUIT CUP NATURE COOKIE</p> <p>SENIOR MEETING Calories: 720 Carb: 97.2g Fiber: 9.1g Protein: 36.2g Fat: 23.8g Sod: 656mg</p>		<p>CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN APRICOT HALVES</p> <p>Calories: 611 Carb: 95.0g Fiber: 10.8g Protein: 30.6g Fat: 15.7g Sod: 1027mg</p>
10	11	12	13	14
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>BRAISED BEEF BROWN RICE HARVARD BEETS ROLL TROPICAL FRUIT CUP NATURE COOKIE</p> <p>Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 597mg</p>	<p>CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 698 Carb: 86.0g Fiber: 10.7g Protein: 41.5g Fat: 22.5g Sod: 1080mg</p>		<p>SPAGHETTI w/ MEAT SAUCE TOSSED SALAD w/ DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP</p> <p>Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg</p>
17	18	19	20	21
<p>OTIS POTLUCK</p>	<p>CHICKEN SALAD w/ GREEN GRAP BEAN MEDLEY SALAD ROLL MANDARIN ORANGES w/ BANANA CARROT CAKE</p> <p>Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg</p>	<p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES BLOOD PRESSURE</p> <p>Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg</p>		<p>CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE</p> <p>Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 31.5g Fat: 18.2g Sod: 576mg</p>
24	25	26	27	28
<p>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50</p>	<p>LASAGNA TOSSED SALAD w/ DRESSING PEAS AND CARROTS GARLIC BREAD FRUIT CUP</p> <p>Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 593mg</p>	<p>SCALLOPED POTATOES w/ HAM LAYERED SALAD ROLL BANANA SPLIT FRUIT CUP CINNAMON CRISPIES</p> <p>Calories: 71 Carb: 103.8g Fiber: 9.6g Protein: 34.2g Fat: 27.2g Sod: 1148mg</p>		<p>BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP</p> <p>Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg</p>
31				
		<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p>	